

Prevalence and factors associated with viral load non-suppression following intensive adherence counselling among virally non-suppressed HIV infected adults in Uganda: a retrospective cohort study.

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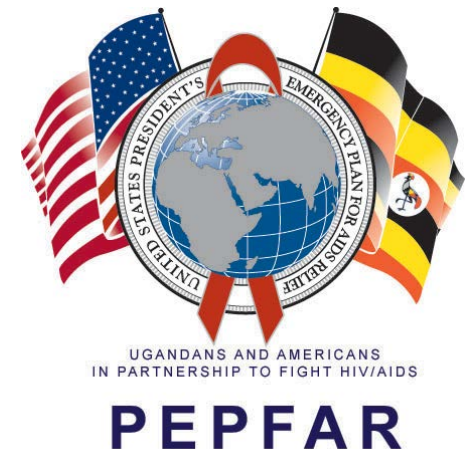
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Reaching and Maintaining Epidemic Control
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Project Design, Methods and Implementation Status

Methods:

- A retrospective review of VL-NS registers and HIV care cards between January 2017 and June 2019 was conducted at 43 ART accredited facilities in six districts of Mubende region.
- All adult PLHIV with VL-NS on first-line ART who had completed three IAC sessions with good adherence and for whom a repeat viral load result was documented were included in the study.
- Achieving viral suppression was defined as a repeat viral load < 1000 copies/ml. Data was entered in Microsoft excel and logistic regression analysis was conducted using STATA software version 14.0 to identify factors associated with VL-NS.

Key Findings

- A total of 1,962 patients were enrolled into the study.
- Mean (SD) age was 37.8 (11.2) years, majority were females 1254(63.9%) and in WHO stage I 1558(79.4%).
- Prevalence of VL-NS after IAC was 40.3 % (791/1962). Factors associated with VL-NS were WHO stage I (AOR 3.7, 95% CI 2.00-6.95, $p < 0.001$), WHO stage II (AOR 2.1, 95% CI 1.12-4.07, $p = 0.021$) and attending a lower health facility (AOR 1.4, 95% CI 1.13-1.81, $p = 0.005$).

Implications for Epidemic Control Efforts

- **Despite provision of IAC, VL-NS prevalence was high compared to the targeted <30%. The Uganda national ART program should address factors contributing to the high levels of viral non-suppression including challenges at lower level health facilities and patients in lower WHO stages.**
- **Health workers should conduct timely ART switch for non-suppressed clients to avoid accumulation of mutations and prevent morbidity and mortality.**

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- **Mildmay Uganda**

OK to share slides with attendees and public after Summit?

- **Yes**